

## Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water  
before breakfast to wash  
out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

People who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, empty stomach, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Every day, whether ailing, sick or well, sit up, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and setting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

## SALTS IF BACKACHE AND KIDNEYS HURT

Drink lots of water and stop eating  
meat for a while if your bladder  
troubles you.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sore and paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach over a tongue is coated, and when the water you had you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water seals and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to cleanse and stimulate sluggish kidneys; also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

Jad Salts is a life saver for regular meat eaters. It is inexpensive, cannot injure and makes a delightful, effervescent lithia-water drink.

## COMB SAGE TEA IN FADED OR GRAY HAIR

If Mixed with Sulphur it Darkens  
so Naturally Nobody  
can Tell.

Grandmother kept her hair beautifully darkened, glossy and attractive with a brew of Sage Tea and Sulphur. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was used with wonderful effect. By adding a few drops of "Wyeth's Sage and Sulphur Compound," you will get a hair restorative of this old-time recipe, improved by the addition of other ingredients, all ready to use, for about 50 cents. This simple mixture can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says everybody uses Wyeth's Sage and Sulphur Compound now because it darkens so naturally and evenly that nobody can tell it has been applied—it's so easy to use, too. You simply dampen a comb or soft brush and draw it through your hair, taking one strand at a time. By morning the gray hair disappears; after another application or two, it is restored to its natural color and looks glossy, soft and beautiful. This preparation is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.

A man that won't patronize his home paper is a detriment to his community. A town without a live, up-to-date newspaper is like a ship without a rudder, and every live, up-to-date citizen owes it his support.

Id Papers: the Courier office. Se per ackar 1912

## OUR MEXICAN POLICY BASED ON HUMANITY

How the President Has Upheld  
a Small Nation's Right to  
Control Its Affairs.

### RESISTED WAR PRESSURE

Determined That America's Sister Republic Shall Be Permitted to Work  
Out Its Problem of Freedom  
and Self-Government.

"President Wilson's faith in democracy, and the unselfishness of the United States in international dealings, have been strikingly expressed in his Mexican policy.

"The President's demand for Mexico is—Justice."

The larger phases of the relations of the United States with Mexico during President Wilson's Administration as well as an interesting and complete narrative of events are presented authoritatively in the Mexican chapter of the Democratic National Text Book, from which these quotations are made:

"Two considerations have animated the President in the formulation of his Mexican policy and have compelled his adherence to it throughout his Administration, namely:

"The firm conviction that all nations, both the weak and the powerful, have the inalienable right to control their internal affairs.

"The belief, established upon the history of the world, that Mexico will never become a peaceful and law-abiding neighbor of the United States until she has been permitted to achieve a permanent and basic settlement of her troubles without outside interference."

"The Mexican problem in its present form has existed for the American Government ever since our frontier was extended to the Rio Grande. When the people maintained the peace it was because they were forced to do so, and not because justice reigned in the land. Thus it was that the history of Mexico, like the history of every aspiring people, pressed upon President Wilson's consideration the truth that no permanent good relations could exist between this great Northern Republic and the one immediately South of us until she had been left free to put her house in order, however painful that process might be and whatever the demands it might make upon the forbearance of the United States."

"There was a powerful pressure for war—a terrible war—by a well-armed powerful nation against an unarmed, bankrupt people exhausted by five years of civil strife, but who still retained enough of patriotic feeling to unify them against an invader. It was the old, old question whether the United States should impose a peace on Mexico; whether, for the sake of the interests of a few of its citizens, it should permanently suppress Mexico's preaching toward freedom and self-government."

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\* FOR SERVICES RENDERED \*  
\* NOT PROMISES BROKEN \*  
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"I do not doubt that the people of the United States will wish the Democratic party to continue in control of the government. They are not in the habit of rejecting those who have actually served them for those who are making doubtful and conjectural promises of service. Least of all are they likely to substitute those who promised to render them particular services and proved false to that promise for those who have actually rendered those very services."—From President Wilson's Speech of Acceptance.

### VICE-PRESIDENT MARSHALL FROM LATEST PHOTOGRAPH



## HUGHES SAYS:

WORDS  
VS.  
DEEDS

## WILSON DOES:

### A CHRONOLOGICAL CONTRAST Compiled From Newspaper Reports

Chicago:—"If anything in this campaign is real it is the question whether we want words or action. As I was 100 per cent. Judge I became 100 per cent. candidate."

St. Paul:—"Reasonable adequate preparedness is a primary national duty and if I am elected I propose to see that that duty is discharged to the credit of the American people."

Fargo, N. D.:—"If elected I should devote my ability to serving the United States."

Bismarck, N. D.:—"I am keenly aware of the importance of our agriculture prosperity, and I desire to do all that can be done to promote that prosperity."

Helena, Mont.:—"The present administration is to a very great extent a sectional administration."

Spokane:—"Mr. Hughes rests from his arduous work of criticizing the deeds of President Wilson's administration."

Spokane:—"I am desirous that this matter of the tariff should be attended to without abuse."

Seattle:—"If we ever fall so low that we will not protect our citizens we might as well haul down the flag. I am not too proud to fight."

Portland, Ore.:—"It would be a breach of trust for the United States to abandon the Philippines at this time."

Roseburg, Ore.:—"We must beware that we do not leave unused the national powers which will give us national prosperity."

San Francisco:—"The people are entitled to the very best."

Oakland:—"Wherever we have the government represented in regulation and supervision it must be a regulation and supervision that is really expert and square with the facts of business life."

San Diego:—"I believe in preventing children from being drawn too early into the hardships of industrial life."

Somewhere in California:—"Mexico:—Huerta — policy — recognition — intervention — shame — weak — conduct — American citizens — bullets — border — wrong — trouble — Administration — Huerta —"

Reno, Nev.:—"We can have peace without trouble in this country."

Ogden, Utah:—"Let us brace ourselves for the new era. Let us maintain the honor of the American name. Let us get the driving force of patriotic sentiment."

Cheyenne, Wyo.:—"I believe we ought to have compensation acts wisely and fairly provided—in order that those who work may be assured of proper protection."

Denver:—"I do not think there has been in many years a campaign in which business men, solicitous for the future of the country, should feel or have so deep an interest."

Estes Park, Colo.:—"Mr. Hughes goes into seclusion to rest from the arduousness of his campaign."

Estes Park, Colo.:—"Still resting — a game of golf — posing for moving picture men — a musicale in the evening — resting."

Estes Park, Colo.:—"Mr. Hughes from a mountain top 10,000 feet above the sea obtains a bird's eye view of the 'inactivities' of President Wilson's Administration."

Estes Park, Colo.:—"Mr. Hughes refreshed by his four days' rest, prepares to resume his task of being 100 per cent. candidate."

Washington:—"President Wilson wins his fight for a bigger navy at a White House conference with heads of Senate and House committees. Senate passes Child Labor bill."

Washington:—"The Democratic House of Representatives adopts the conference report on the Army Appropriation Bill, the first of the President's defense measures."

Washington:—"The White House announces that the President will not take any of the government's time to answer Mr. Hughes' attacks."

Washington:—"President Wilson signs the bill making appropriations for the Department of Agriculture and containing three measures designed to improve market practices and the storage and financing of crops."

Washington:—"Secretary of Commerce Redfield makes public figures showing that half his staff is composed of staff appointees."

Washington:—"President Wilson, to avoid a nation-wide railroad strike, calls representatives of the union and employers to the White House."

Washington:—"The Senate approves the administration's revenue bill providing for the creation of a non-partisan tariff commission."

Washington:—"The House of Representatives adopts the Senate amendments to the Navy Bill calling for the building of sixteen capital ships within three years."

Washington:—"The U. S. Senate passes the Philippine Bill enfranchising 600,000 men and retaining guardianship over the Islands until they can establish a stable government."

Washington:—"President Wilson, finding the railroad managers have not full authority, summons the railroad presidents."

Washington:—"The Child Labor Bill is adopted by the House and goes to the President, who had urged its passage. Senate passes Shipping Bill."

Washington:—"The House passes the Administration Shipping Bill designed to create a naval auxiliary and naval reserve and build up an American merchant marine to meet the requirements of the nation's commerce."

Washington:—"President Wilson receives hundreds of letters commending him for his successful fight against child labor."

Washington:—"President Wilson names Secretary of the Interior Lane, Ex-Judge George Gray and Dr. John R. Mott, as members of the Joint American-Mexican commission to settle peacefully the differences between the countries."

Washington:—"The United States Senate repasses the Army Appropriation Bill."

Washington:—"At President Wilson's urging the Democrats in the House resolve to push the fight for a non-partisan tariff board to meet new trade conditions after the war."

Washington:—"The House concurs in the Senate amendments to the bill providing for compensation of workmen injured while in government service."

Washington:—"The Federal Reserve Board's weekly statement shows an increase of more than \$2,400,000 in the total earning assets of the member banks."

Washington:—"President Wilson confers with Democratic leaders about plans to save country from a railroad strike."

Washington:—"President Wilson still laboring to avert a railroad strike, decides to go before Congress and ask for arbitration and eight-hour laws."

Washington:—"President Wilson asks Congress to enact legislation to avert a railroad strike. The President completes his preparedness program by signing the Army and Navy Appropriation Bills. He also signs the Philippine Bill and the new Bill of Lading Measure."

Washington:—"Woodrow Wilson still 'on the job' in Washington—a 100 per cent. President."

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